



YOUR BENEFIT FOR LIFE

August 30<sup>th</sup> – Sept 12<sup>th</sup>  
Volume 1, Issue 3

**IN THIS EDITION:**

1. Wellness Tips
2. Healthy Recipe
3. Wellness Coupon

## 1. Wellness Tips:

### What To Eat When Ordering Out?

Out for a **burger and fries**? Nutritionists recommend holding the mayo and other cream sauces to cut those calories and unwanted saturated fat. Also, use **mustard** because it has no sugar like ketchup does. Remember to skip the fries for a side salad (dressing on the side) or veggies. With this easy plan, you can enjoy an evening eating out without the guilt. Look for more healthy alternatives while eating out in future editions.

### Elevators: Worth the Wait?

Let's face it, the elevators are slow. Dreadfully slow. But are they worth the wait? I think you know the answer, but here is more evidence why the stairs is the better alternative to get you where you need to go:

- Taking the stairs will improve your stamina
- You can burn as many as 10 times the amount of calories by taking the stairs
- Aid in coordination and use muscles in different ways

Taking the stairs is a simple way to add exercise to your daily life. Plus you can read all the cool new posters.

## 2. Healthy Recipe: **Bloody Mary Skirt Steak**

Have the perfect Labor Day barbeque with this fantastic grill recipe

### Ingredients:

2 cups tomato juice (spicy V8 works best)  
2 Tbsp horseradish  
4 cloves garlic, minced  
Juice of 1 lemon  
1/2 Tbsp Worcestershire sauce  
10-15 shakes Tabasco sauce  
Black pepper to taste  
1 lb skirt or flank steak

### Directions:

Combine the tomato juice, horseradish, garlic, lemon juice, Worcestershire, Tabasco, and pepper in a baking dish and use a whisk to thoroughly mix. Add the steak and turn to coat. Cover with plastic wrap. Marinate in the refrigerator for 2-12 hours.



Preheat a grill. Pour off marinade and discard. Use paper towel to pat most of marinade off steak. When grill is very hot, add the steak and cook for 3 to 4 minutes per side for medium rare. Let the meat rest for at least 5 minutes before cutting into thin slices against the grain of the meat.

Serve with grilled asparagus and roasted potatoes for a perfect meal.

(Makes 4 servings, 270 calories, 11 g fat)

## 3. Wellness Coupon

Want to get fit and ease your mind at the same time?



The Fond du Lac Center for Spirituality & Healing is offering all county employees **\$10 off unlimited Yoga for a month**. If that's not enough, they will offer **\$30 off the regular price for 10 sessions** of Yoga or Meditation for the rest of the year.

Unlimited yoga is valued at \$49 for one month. The 10 session price is valued at \$80.

Pick one or both for \$39 and \$50 respectively.

Just print this email out and head over to **The Center for Spirituality and Healing** at 75 S Main St.

Offer expires 12/31/2011

# Stay Well!